



*Pattern  
Alteration*

# Large Abdomen



Extension Family Development  
and Resource Management Specialists

**B**efore attempting this alteration, review Extension publication E-372, *Principles of Pattern Alteration*, for basic instructions.

A large abdomen causes the hemline on a skirt to hike in front and pulls the side seam forward. On garments with a waist seamline, wrinkles form below the waistline in front (Fig. 1).

Determine where you want to alter the pattern by measuring down from the waist to the fullest part of the abdomen. It helps to look at a non-stretch garment on the body to decide how much to alter. To measure the distance between the garment waist and your natural waist, keep the closing open. Also, pull the front of the garment down until the hem is parallel to the floor or until the side seam is perpendicular to the floor. Make this alteration on the *front pattern piece only*.

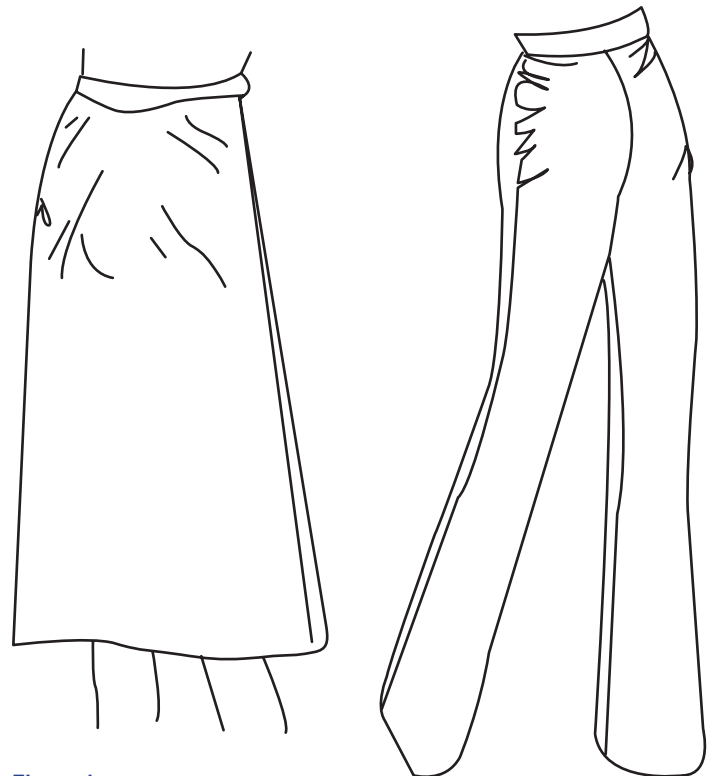


Figure 1.

## Basic Skirt

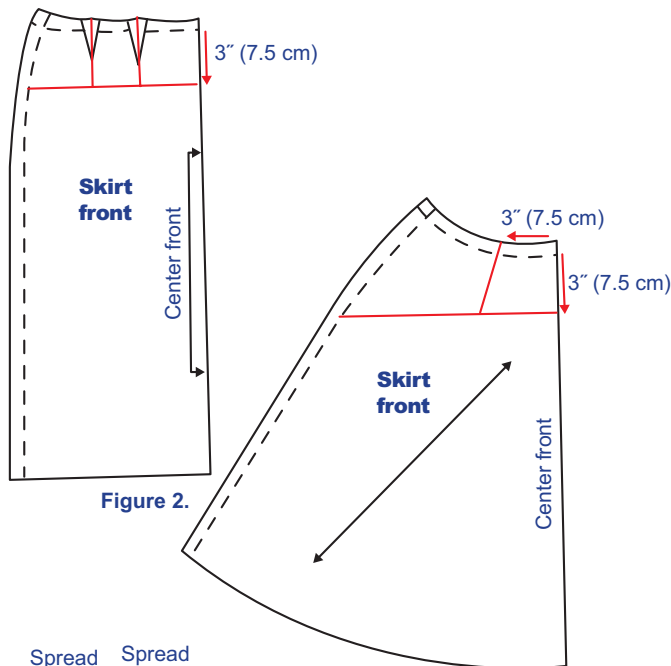


Figure 2.

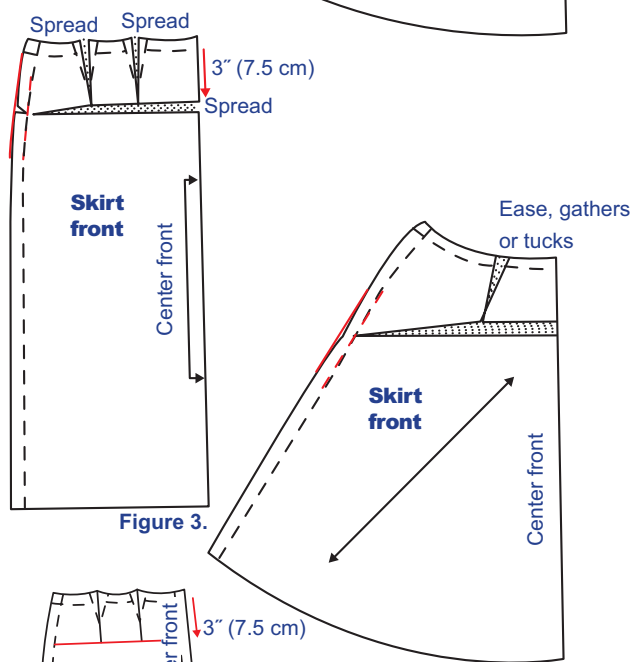


Figure 3.

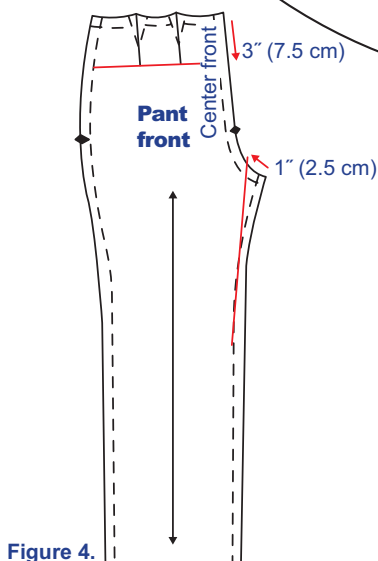


Figure 4.

1. At the center front, draw a horizontal line at the point you determined above or approximately 3 inches (7.5 cm) below the waistline. It should be at a right angle to the center front and should extend to both side seamlines.
2. Draw a vertical line through the center of the dart(s) to the horizontal line. If the pattern has no darts, draw a line from the waist seamline (about 3 inches in from the center front) to the horizontal line (Fig. 2).
3. Slash the horizontal line from the center front *to, but not through*, the side seamline. Clip the side seam allowance at that point.
4. Slash the vertical line at the waist seamline *to, but not through*, the horizontal line.
5. Put the pattern on tissue paper, taping the bottom half in place. Spread the horizontal line by the amount you need, keeping the center front line straight and tapering to the side seam. The vertical slash(es) will spread. If there are darts, they should spread equally (Fig. 3).
6. Tape the pattern in place.
7. Redraw the darts or convert added fullness to the ease, gathers or tucks. Redraw the cutting and seam lines. Add tissue paper to the side seam to smooth the curve (Fig. 3).

## Pants

For this alteration, you will only need the front crotch circumference measurement and can find it in Extension publication E-373, *Personal Measurement Chart* (line 15).

1. On the pant front pattern piece, measure in 1 inch (2.5 cm) from the intersection of the crotch seamline and inseam line. Draw a vertical line from that point to close to the knee (Fig. 4).
2. At the front center front, draw a horizontal line across the pattern about 3 inches below the waistline or at a point corresponding to the fullest part of the abdomen.
3. Draw a vertical line through the dart(s) to the horizontal line. If there are no darts, draw a line (about 3 inches in from the center front) on the waist seamline to the horizontal line (Fig. 4).
4. Slash the horizontal line *to, but not through*, the side seamline. Clip the seam allowance at that point.

5. Slash the vertical line(s) at the waist *to, but not through*, the horizontal line. Slash the vertical line at the crotch *to, but not through*, the inseam line. Clip the seam allowances at those points.
6. With tissue paper under the pattern and the bottom half taped in place, spread the horizontal slash one-half the total increase you need. Keep the center front line straight and taper it to the side seam. The vertical slash(es) at the waist will spread (Fig. 5).
7. With tissue paper under the pattern, spread the vertical slash at the inseam one-half the total increase you need (Fig. 5).
8. Tape the pattern in place.
9. Redraw the dart(s) or convert added waist fullness to the ease, gathers or tucks. Redraw the cutting and seam lines. You might need to add tissue paper at the side seamline to smooth the curve (Fig. 6).

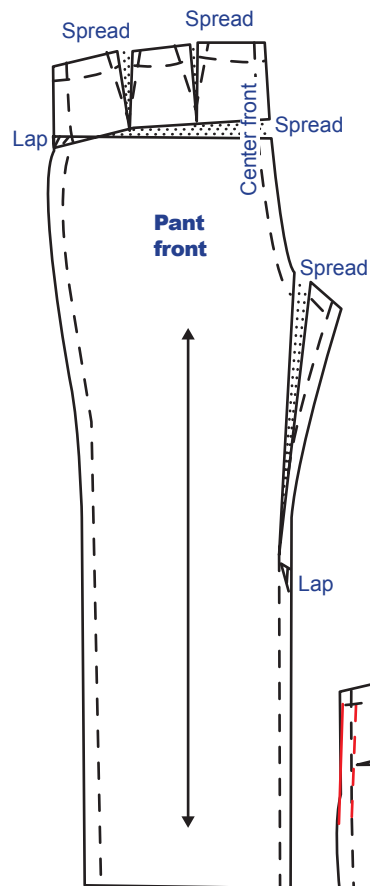


Figure 5.

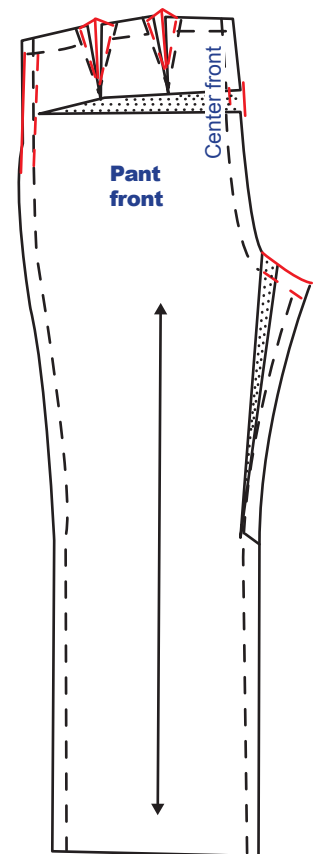


Figure 6.

Marlene Odle-Kemp wrote the original manuscript for this publication.

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